

Participants in H.E.L.P. are those individuals who have already registered for the program through a home visit by H.E.L.P. staff. If you are not yet registered and would like more information, [click here](#).

If you are already registered with H.E.L.P., remember that home care workers can provide a range of services, including:

- GROCERY SHOPPING
- ERRANDS
- LIGHT HOUSEKEEPING
- YARD WORK
- COMPANIONSHIP
- COOKING – LIGHT OR FULL MEAL
- TRANSPORTATION AND ESCORT
- ORGANIZING / ODD JOBS
- RESPITE CARE
- HEAVY CLEANING
- LAUNDRY
- READING MAIL, CHECK WRITING